



Leisure Services Department **Parks and Recreation**

Zumba Fitness Classes @ Sylvan Lake Park (ages 16 years and up)

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! No pre-registration required, just come on down and join in!

Times

9:00 a.m. to 10:00 a.m.

Saturday

9:30 a.m. to 10:30 a.m.

Monday

Wednesday

Friday

6:00 p.m. to 7:00 p.m.

Tuesday

Thursday

7:15 p.m. to 8:15pm

Wednesday

Cost

*\$7 per class if signing up for individual classes

*\$50 unlimited classes for the month

Hip/Hop Zumba Ages 5-10. Tuesday & Thursday 5:00pm-5:45pm

To register for Hip/Hop Zumba go to zumbatoday.com

Sylvan Lake Park (407) 665-2180

845 Lake Markham Road (off of HWY 46), Sanford, FL 32771 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks

**It Starts
in ParksSM**

**FOR MORE INFORMATION
ABOUT LEISURE SERVICES VISIT:
www.seminolecountyfl.gov/leisure**